

DECEMBER 2024

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RIVERBEND



CONNECTS

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



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www.riverbendcommunity.ca



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RIVERBEND FYI

Riverbend Community Association Contacts

✉ info@riverbendcommunity.ca ☎ 403-236-7270 🏠 19 Rivervalley Dr SE, Calgary, AB T2C 3S1
🌐 riverbendcommunity.ca 📘 facebook.com/riverbendyycc 🐦 twitter.com/riverbendyycc 📷 @riverbendyycc

Directors

President	Ryan Munday	ryan@riverbendcommunity.ca
Vice President, Business Operations	Vacant	
Board Secretary	Vacant	
Treasurer	Daniel Wolfe	daniel@riverbendcommunity.ca
Capital Projects	Ken Schultz	ken@riverbendcommunity.ca
Memberships and Partnerships	Vacant	
Traffic, Safety, and Crime Prevention	Vacant	
Director at Large	Nichole Wyatt	nichole@riverbendcommunity.ca
Director at Large	Natalia Gonzalez	natalia@riverbendcommunity.ca
Community Projects and Partnerships	Vacant	
Director at Large	Alina Cotovanu	alina@riverbendcommunity.ca
Director of Community Beautification	Ilona Dorst	ilona@riverbendcommunity.ca

Other

Community Manager	Delby Auktor	delby@riverbendcommunity.ca
Communications and Marketing	Anthony Murdoch	communications@riverbendcommunity.ca
Maintenance	Terry Martineau	terry@riverbendcommunity.ca
Softball League	Vacant	
Volleyball League	Norman Dupuis	normantylerdupuis@gmail.com

District Representatives

Calgary Police Community and Liaison Officer	Cst. Sue Bennett	403-266-1234
To report an emergency or crime in progress please call 911.		
To report a historical crime or if there is not an immediate need for police, please call the Calgary Police non-emergency line at 403-266-1234.		
For online reporting please visit calgarypolice.ca .		
Councillor Ward 11	Kourtney Penner	Ward11@calgary.ca
MLA Calgary Peigan	Tanya Fir (UCP)	Calgary.Peigan@assembly.ab.ca
MP Calgary Shepard	Tom Kmiec (PC)	Tom.Kmiec@parl.gc.ca
School Board Trustee (Calgary Public School Board) Ward 11 and 13	Nancy Close	neclose@cbe.ab.ca
School Board Trustee (Calgary Catholic School Board) Ward 11 and 12	Cathie Williams	cathie.williams@cssd.ab.ca
Girl Guides Riverbend	Holly Sweeney	hollysweeney6@outlook.com
Scouts 77th East Glenmore Scout Group	Rose Martin	rose_m@shaw.ca



Riverbend Community Centre

LOOKING FOR A SPOT TO BOOK YOUR NEXT EVENT?
LOOK NO FURTHER THAN YOUR OWN COMMUNITY!

- The perfect spot for a wedding, family celebration, birthday party or a business meeting!
- Main level with 2 rooms, 175 plus 64 banquet sitting capacity
- Bluetooth and AV capabilities
- Fully renovated patio
- Minutes away from picturesque Carburn Park
- Listed as one of the best Community Centres in Calgary
- And so much more!!



WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS

**MAYOR'S
ANNUAL**

**FOOD
DRIVE**

OUR HOLIDAY WISH LIST

- PEANUT BUTTER
- KRAFT DINNER
- CANNED FRUIT
- CANNED TOMATOES
- CANNED BEANS (NO PORK)

Monetary donations are also being accepted online at:
www.calgaryfoodbank.com/mayorsfooddrive/

**Bins onsite at RCA
November 18
to
December 18**

**Work together for a
Hunger-Free Christmas**

WWW.RIVERBENDCOMMUNITY.CA/EVENTS/MAYORS-FOOD-DRIVE

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Joke of the Month

How does a scientist
freshen their breath?
Experi-mints!

Key Things to Know About in December

Stay connected to all things Riverbend at www.riverbendcommunity.ca, and Facebook, X (Twitter), and Instagram @riverbendyyyc

Thank You

We would like to thank everyone who attended our AGM on November 19! To stay up to date on all things RCA, make sure to follow us on our social media accounts!

A huge thanks to everyone who came out for our Dinner and Movie on November 22, where we showed *Inside Out 2*! Stay tuned for more similar events in the new year!

Holiday Hours

We will be closed for the following days:

- December 24, 2024
- December 25, 2024
- December 26, 2024
- January 1, 2025

Winter Plant Fundraiser

Pickup Date is December 12, 2024

The pickup date for orders made through our Winter Plant Fundraiser, brought to you by Growing Smiles, is December 12, 2024, at the RCA parking lot from 5:00 to 7:00 pm.

By purchasing plants through this program, not only will you beautify your own space, the proceeds from the fundraiser will also support future community beautification projects.

Pick-ups must be made by 7:00 pm. Any remaining flowers will be donated to the RCA and planted at the community centre. Volunteers are needed for our plant pickup!

If you are unable to collect your order yourself, please arrange to have a friend or neighbour pick up your order and designate them on the order form.

<https://www.riverbendcommunity.ca/events/winter-plant-fundraiser-2024>.

RCA Rink Rats Needed!

We are in need of volunteers to help with our RCA outdoor skating rinks as "Rink Rats." Visit <https://www.riverbendcommunity.ca/volunteering> and sign up today!

We Want to Hear from You! Survey Coming December

We're excited to announce the 18 Street Makeover Project, and we need your input to help shape the future of our community! The goal? To transform 18 Street into a safer, more beautiful boulevard that everyone in Riverbend can enjoy.

Right now, there's no funding for this project, but that's where our incredible community comes in! With your support and fundraising efforts, we can bring these ideas to life. Each proposed idea varies in cost and complexity, but they've all been successfully implemented in other Calgary neighbourhoods—and with your help, they can happen here too!

Now, it's your turn! We want to know which ideas excite you the most! Take just five to ten minutes to complete our survey and share your thoughts. This is your chance to directly influence what gets done in our neighbourhood!

A few things to note:

- The survey is only open to Riverbend residents.
- Your feedback will guide the next steps of this exciting project!

Let's come together to make Riverbend even better. Your participation means the world to us!

Thank you for being a part of this exciting journey!

Upcoming Events

Good Food Box Program

The content varies monthly, due to seasonal availability. The boxes contain the maximum produce to ensure our clients are getting the most value for the price.

- \$30 Small Box (20 to 25 lbs.)
- \$35 Medium Box (30 to 35 lbs.)
- \$40 Large Box (40 to 45 lbs.)

Order deadline December 2, 2024.

Pick up December 12 between 5:00 and 7:00 pm at the community centre.

www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen.

Mayor's Food Drive

Riverbend Community Association is once again participating in the Calgary Food Bank's event, the Mayor's Annual Food Drive!

Anyone looking to donate items can find drop-off bins in the front foyer of the Riverbend Community Centre from November 18, 2024, to December 18, 2024.

Boxes were dropped off the week of November 6.

We accept donations of perishable and non-perishable food items and other items such as baby food and unopened pet food.

This year the Food Bank has put together a list of most needed items for the holidays, including peanut butter, Kraft Dinner, canned fruit, canned tomatoes, and canned beans (no pork).

Monetary donations are also being accepted online at www.calgaryfoodbank.com/mayorsfooddrive/.

Kids' Christmas Party Saturday, December 7

Join us on Saturday, December 7 from 12:00 to 3:00 pm for a fun family festive event at our annual Kids' Christmas Party! There will be craft tables and YYC Food Trucks will be onsite!

Santa will be onsite from 12:30 to 2:30 pm.

Pre-register to select a time slot for your photo with Santa.

Cost is free for RCA Members or \$5 (per child) for non-members with pre-registration.

Be Part of It! Join the RCA Board!

We are looking for enthusiastic residents to join our board of dedicated and talented directors. Volunteering is a powerful way to make a difference and strengthen the bonds within our community. Consider volunteering with RCA to:

- Allow you to learn something new, explore new interests, and acquire new skills
- Connect with people across generations
- Bring ideas forward
- Use board experience toward your annual professional development hours

Join RCA, leave a positive mark in our community, and be part of the collective effort to create a stronger, more vibrant Riverbend!

- Board Secretary. See page 8 for details
- Director of Memberships and Partnerships. See page 8 for details
- VP Operations. See page 8 for details.
- Director of Volunteer Resources

Visit www.riverbendcommunity.ca/volunteering and sign up today!

Updates From Your RCA

Partnering with Us Comes with Great Perks!

Are you a local Riverbend business that is looking for a great way to promote your business?

Partnering with us comes with great perks while offering our members discounts and offers. It's a win-win for everyone involved!

In recognition and appreciation of the member benefit offered for the RCA Members, RCA agrees to:

- Provide a listing on our website under the Memberships page with a hyperlink. Our webpage, www.riverbendcommunity.ca is visited by about 1,000 visitors every month.
- Provide a listing in the *Riverbend Connects* newsletter on the Memberships page. Our printed newsletter is delivered to over 4,000 households and enjoys over 80% readership.
- Share a new benefit announcement post with logo that will be posted on our social media platforms. Our Facebook page has 2,400+ followers, X (formerly Twitter) page 700+ followers, and Instagram page 900+ followers. Our posts often reach a few thousand people.
- Provide one additional post on RCA social media platforms per year.

Visit our website to sign up at www.riverbendcommunity.ca/membership.



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JOIN OUR RCA TEAM!

SECRETARY

The Secretary of the RCA is primarily responsible for records management, meeting coordination and compliance.

Key Responsibilities:

- Participate in Executive Team meetings and discussions
- Completing/filing the Annual Societies return before May 31 of every year
- Filing of Special Resolutions passed at the AGM and any change in Directors or Officers
- Ensuring all records of the Association, other than financial records, are properly maintained, including the by-laws and the policies and procedures
- Give secretarial support for board and Annual General Meetings

RCA Board Roles:

- Time commitment of approximately 10 hours per month
- 2-year term
- Open to Riverbend Residents only

Board experience can be used towards annual professional development hours for many professions

To Apply visit

www.riverbendcommunity.ca



JOIN OUR RCA TEAM!

DIRECTOR - MEMBERSHIPS & PARTNERSHIPS

As a Director of Memberships and Partnerships, you can help to add value for residents purchasing memberships in Riverbend!

Key Responsibilities:

- Suggest strategies to boost memberships
- Organize membership sales at community events and fundraising activities
- Foster partnerships with local businesses
- Securing sponsorships and donations

RCA Board Roles:

- Time commitment of approximately 10 hours per month
- 2-year term
- Open to Riverbend Residents only

Board experience can be used towards annual professional development hours for many professions

To Apply visit -

www.riverbendcommunity.ca



JOIN OUR RCA TEAM!

VICE- PRESIDENT BUSINESS OPERATIONS

As a Vice President, Business Operations, you will help our facility operations and assist the President.

Key Responsibilities:

- Support business administration needs of the RCA
- Assist in project management
- Help with tenant contracts and Human resources
- Help with overall facility operations and assist the President/RCA Community Manager as needed

RCA Board Roles:

- Time commitment of approximately 10 hours per month
- 2-year term
- Open to Riverbend Residents only

Board experience can be used towards annual professional development hours for many professions

To Apply visit

www.riverbendcommunity.ca





RCA RINK RATS

VOLUNTEERS NEEDED!

TO VOLUNTEER VISIT:
WWW.RIVERBENDCOMMUNITY.CA/VOLUNTEERING




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[Alfred] Nobel Prize



The very first Nobel Prize award ceremony took place on December 10, 1901. These were created due to Alfred Nobel's will and his interest in science, society, and culture, and are described as prizes given for "the greatest benefit to humankind."



Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



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*all services performed by a licensed general dentist



RIVERBEND

• community association •

ANNUAL

KIDS CHRISTMAS PARTY

Sat, December 7, 2024
12pm to 3pm

PHOTOS WITH SANTA
12:30-2:30PM

CRAFT TABLES
FOOD TRUCKS

FREE FOR MEMBERS
\$5 FOR NON-MEMBERS

REGISTER ONLINE
WWW.RIVERBENDCOMMUNITY.CA

GAMES & PUZZLES

Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Eggnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

RCA MEMBERSHIP FORM

Memberships are valid for one year from the date of purchase.

First Name: _____

Last Name: _____

Email: _____

Spouse/ Partner Name: _____

Address: _____

Postal Code: _____

Phone Number: _____

Number of Children: _____



Ages of Children: _____

Please let us know what communications you would like to receive from Riverbend Community Association!

- ☐ Volunteer Opportunities
- ☐ Special Events & Community Surveys (as occurring)
- ☐ General Riverbend Community Communications (monthly)

Membership cost:

- ☐ \$25 +GST (\$26.25) - Individual/ Family or Associate
- ☐ \$15 +GST (\$15.75) - Seniors Household



Please mail completed form with appropriate payment to Riverbend Community Centre, 19 Rivervalley Dr SE, Calgary AB T2C 3S1, or drop it off at the Riverbend Community Association's office.

SCAN HERE TO VIEW ADDITIONAL RIVERBEND CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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A CHRISTMAS CAROL

The first edition of the Christmas classic A Christmas Carol, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!



Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;

- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.

FREE! Contact us to learn more:

famlit@canlearnsociety.ca
(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

GARDEN COURT CHRISTMAS LUNCHEON BUFFET

December 10 - 20, 2024

Tuesday - Friday

11:30 AM - 2:00 PM

1000 Glenmore Court SE, Calgary AB



The GLENMORE INN
& Convention Centre

Women in Need Society (WINS)

GIFT THRIFT



SHOP AT WINS MANCHESTER

105J 58 Ave SE (beside Prairie Dog Brewing)

Find unique treasures that show your loved ones how much you care.

Bring this ad to WINS Manchester to get a special gift—our way of saying thanks for choosing to gift with purpose. Special offer valid until December 31st, 2024.

Want to make an even bigger impact?

Scan the QR code above to **volunteer** or **donate** and help us support families in need.

WINS Store Locations

Beltline • Bowness • Dover • Glenbrook (new!) • Macleod Plaza • Manchester (new!) • Richmond

Charitable Registration No. 135 185 411 RR0001